



ACA Laundry List Traits 16 Week ZOOM Course

Join with fellow ACAs in exploring ways we act out the 14 Laundry List Traits in our lives today. Over a 16 week course, we will use the [ACA Laundry List Workbook](#) and the [Adult Children of Alcoholics and Dysfunctional Families](#) (The Big Red Book) to define and integrate these traits into our personal and work relationships. To order these books, ask a Literature Coordinator or Meeting Facilitator at one of your local ACA Meetings.

This workshop is suggested for ACAs who are ready to embark on the advanced work of integrating their survival traits and is designed for ACAs who have already gone through all 12 Steps in the [ACA Twelve Step Workbook](#) (The Yellow Workbook).

Every Sunday, October 4 – January 17, 10:00 am – 11:15 am Pacific Time

Up to 100 ACA members may enroll during the first two meeting dates. No new enrollments will be accepted to the course *after* October 11th.

Zoom Meeting ID: 983 8079 7823

Passcode: XXXXX

Registration is required for this Zoom meeting as space is limited. To receive the password, register at knotperfikt@gmail.com with the following information:

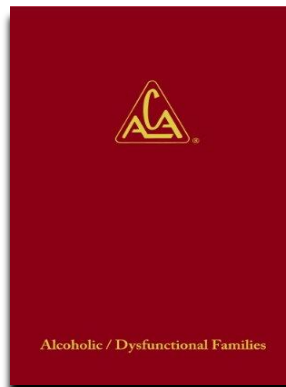
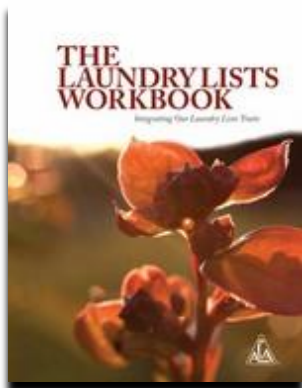
First Name and Last initial

Phone Number/Email

Would you like your info added to the contact list for this group? Yes or No

Required texts:

- [The Laundry Lists Workbook](#) ©2015
- [Adult Children of Alcoholics and Dysfunctional Families](#) ©2006



Contact Samantha G. at knotperfikt@gmail.com with any questions regarding this Study Group.